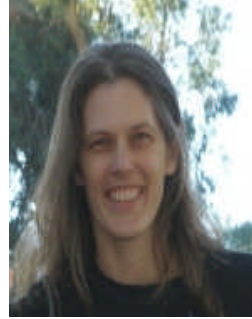




MEET YOUR TRAINER

Heidi Frechette

***"Wherever you are
today is perfect, goals
can be met while you
embrace the moment."***



- Group Fitness Instructor and Personal Trainer, Fit-X San Diego
- ACE (American Council on Exercise) Certified Group Fitness Instructor and Personal Trainer
- UCSD Fitness Instruction / Exercise Science Certificate Program Graduate
- Certified Yoga Instructor, White Lotus Foundation
- Certified Spin, YogaMAX, and MaxBURNfx Instructor
- Specializes in core and functional training
- Special interest in working with clients that are new to exercise, older adults and clients with multiple sclerosis
- Past and present activities include snowboarding, skiing, yoga, mountain biking, hiking, rollerblading, indoor rock climbing, boogie boarding, and over 20 years of strength training.
- Currently training to hike Mt. Whitney
- CPR, 1st Aid, and AED certified

Heidi is a valued member of the Fit-X San Diego One on One and Group Fitness Training Team featuring certified professional trainers and instructors uniquely qualified to assist you in reaching your fitness goals. Fit-X San Diego offers in-door, out-door and water fitness programs for groups and individuals of all ages, shapes and sizes.

Heidi Frechette

Certified Fitness Professional & Personal Trainer

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